

Module 5: Weight and Wellness—A Classic Worksite Issue

Handout O: Where We Are with Weight and Exercise

Consider your Head Start center staff. Is anyone at your center overweight? _____
Does that affect their job performance? _____ How?

Is anyone on your staff underweight? Does that affect their job performance? How?

Are any staff overly preoccupied with weight or dieting? Do you suspect any of them have an eating disorder? Does that affect their job performance? How?

Like most Americans, your center's staff members probably are not very physically active. Are there job problems based on inactivity? _ _ What are the problems?

How does your staff feel about overweight, underweight, fatness, dieting, and bingeing?
